

### Amendments to the Claims

This listing of claims will replace all prior versions, and listings, of claims in the application:

#### Listing of Claims:

1. (currently amended) A basketball training apparatus comprising:

a first rim having a center; and,

a second rim having a center, wherein the first rim rotates about its own center  
~~and while the center of~~ the second rim revolves about the center of the first rim; and,

5        a backboard assembly having first and second opposing sides, wherein the first  
rim is connected to the first side of the backboard assembly and the second rim is  
connected to the second side of the backboard assembly.

2. (original) The apparatus of claim 1, wherein the first rim has a first diameter  
and the second rim has a second diameter, and wherein the first diameter is different from  
the second diameter.

3. (original) The apparatus of claim 1, wherein the first rim is at a first height and  
the second rim is at a second height, wherein the second height is greater than the first  
height.

4. (cancelled)



5. (original) The apparatus of claim 1, wherein the first rim has a flange having a first length and the second rim has a flange having a second length.

6. (original) The apparatus of claim 5, wherein the first length is different from the second length.

7. (currently amended) The apparatus of claim 1, wherein the first rim and the second rim may be interposed by pivoting about an axis that does not correspond with the center of the first rim or the center of the second rim.

8. (original) The apparatus of claim 1, wherein the second rim rotates about its center and the first rim revolves about the center of the second rim after the first rim and the second rim have been interposed.

9. (currently amended) A basketball training method comprising the steps of:  
providing a first rim having a center;  
providing a second rim having a center;

providing a backboard assembly having first and second opposing sides, wherein  
5 the first rim is connected to the first side of the backboard assembly and the second rim is  
connected to the second side of the backboard assembly; and,

rotating the first rim about its own center while the center of the second rim revolves about the center of the first rim.



10. (original) The method of claim 9, wherein the first rim has a first diameter and the second rim has a second diameter, and wherein the first diameter is different from the second diameter.

11. (original) The method of claim 9, wherein the first rim is at a first height and the second rim is at a second height, wherein the second height is greater than the first height.

12. (original) The method of claim 9, further including the step of:  
elevating the second rim relative to the first rim.

13. (original) The method of claim 9, wherein the first rim has a flange having a first length and the second rim has a flange having a second length.

14. (original) The method of claim 13, wherein the first length is different from the second length.

15. (currently amended) The method of claim 9, including the step of:  
interposing the first rim and the second rim by pivoting about an axis that does not correspond with the center of the first rim or the center of the second rim.



16. (original) The method of claim 15, including the step of:  
rotating the second rim about its center while the center of the first rim revolves about the center of the second rim.

17. (new) The apparatus of claim 3, wherein the backboard assembly includes a first backboard and a second backboard, and wherein the first rim is connected to the first backboard and the second rim is connected to the second backboard.

18. (new) The apparatus of claim 17, further including a gear associated with the first and second backboards, which is used to elevate or lower the second rim relative to the first rim.

19. (new) The apparatus of claim 1, wherein the backboard assembly is a single backboard.